



MANTON CONSOLIDATED SCHOOLS LOCAL WELLNESS PLAN

Manton Consolidated Schools is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy lifestyles, healthy eating and physical activities that support student achievement.

Nutrition Day

Three times per year, all students shall receive nutrition education based on curriculum provided by the Food Service Director that will teach knowledge, skills and importance of healthy eating behaviors. Nutrition education information shall be offered throughout the district. Staff member who provide nutrition education shall have the appropriate training.

Nutrition Standards

The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The district shall encourage students to make nutritious food choices.

The district shall monitor all food and beverages sold or served to students. The district shall consider nutrition and portion size before permitting food and beverages to be sold or served to students.

The district superintendent or designee shall continually evaluate vending contracts to ensure they meet the intent and purpose of this plan.

Physical Education and Physical Activity Opportunities

The district shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills and desire necessary for lifelong physical activity.

Every year, all students shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student Wellness

The district will implement other appropriate programs that help create a school environment that conveys consistent wellness messages.

Implementation and Evaluation

The district superintendent or designee shall implement this plan and evaluate how well it is being managed and enforced. The district superintendent or designee shall

develop and implement administrative rules consistent with this plan. Input from teachers (including specialists in health and physical education), parent/guardians, students, representatives of the school food service program, school administrators and the public shall be considered before implementing such rules. The district superintendent or designee shall report to the local school board, as requested, on the districts programs and efforts to meet the purpose and intent of this plan.

Manton Consolidated Schools Administrative Guidelines

Regarding Manton Consolidated Schools Local Wellness Plan

To assist in the creation of a healthy school environment, Manton Consolidated Schools may establish Coordinated School Health Team(s) that will provide an ongoing review and evaluation of the district's Local Wellness Plan.

Manton Consolidated Schools recognizes that students come in all shapes and sizes.

Students should receive consistent healthy messages and support for: life-long wellness, i.e., positive life choices, healthy eating and physical activity.

These guidelines will be reviewed and modified, as necessary, to help assure compliance with the purpose and intent of Manton Consolidated Schools' Local Wellness Plan.

Students, staff, and community will be informed about the Local Wellness Plan.

Nutrition Education

Nutrition education, a component of comprehensive health education, will be offered to students at Manton Consolidated Schools. Nutrition education topics will be integrated into the curriculum when appropriate.

The District will implement a quality nutrition education program that addresses the following.

Curriculum

Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks, or other as designated by the district.*

Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment

Instruction and assessment are aligned.

Builds students' confidence and competence in making healthy nutrition choices.

Engages students in learning that prepares them to choose a healthy diet.

Assess program and its elements.

Nutrition Standards

Manton Consolidated Schools will offer school meal programs with menus meeting the meal patterns and nutritional standards established by the United States Department of Agriculture (USDA). The District will encourage students to make food choices based on the most current Dietary Guidelines for Americans.

The district will discourage using food as a reward.

The District will encourage serving healthy food at school parties.

The District will strive to create a healthy school environment that promotes healthy eating and physical activity.

The District will provide drinking fountains in all schools, so that students can get water at meals and throughout the day.

The District will provide adequate time for students to eat

Physical Education

Physical education will be offered to students at the elementary, middle, and high school levels.

The District shall implement a quality physical education program that addresses the following:

Curriculum

Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.

Has a curriculum aligned with the Michigan Physical Education Content Standards and Benchmarks, or other as designated by the district.

Influences personal and social skill development.

Instruction and Assessment

Instruction and assessment are aligned.

Builds students' confidence and competence in physical abilities.

Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.

Assess program and its elements.

Physical Education Standards

Certified Physical education teacher will teach physical education classes.

The District will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students, kindergarten through grade 8.

Encourage using additional physical activity as a reward.

Physical Activity Opportunities

1. The school district shall make every effort to ensure physical activity opportunities are available to all students.
2. The district highly recommends staff to use physical activity as a reward.
3. Teachers, staff, and other school personnel will not use physical activity as punishment, nor will it be revoked as a form of punishment.
4. Teachers are highly encouraged to use physical activity, or "brain breaks", as part of daily classroom instruction where appropriate.
5. Students will have access to the schools' outdoor physical activity space outside of normal school hours.
6. Students will have access to indoor physical activity space before and after school hours.
7. All students will have access to at least 30 minutes of physical activity per day.
8. Students will be able to participate in physical activity opportunities in a safe and healthy school environment.

Other School Based Activities Designated to Promote Wellness

Encourage ongoing professional training and development for staff and faculty in the areas of nutrition and physical education.

Make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.

Encourage faculty and staff to serve as role models in practicing healthy eating and being physically active, both in school and at home.

The District will work through its Coordinated School Health Team and building level staff to encourage staff wellness.

Implementation and Measurement

The Superintendent or his/her designee may appoint a member of the administrative staff of the District to organize the Coordinated School Health Team(s). A Coordinated School Health Team may include representatives from the following areas: community, as well as district faculty and staff. The Coordinated School Health Team(s) will meet periodically throughout each year to assess programs and its elements.

**Adopted November 13, 2017, Manton Consolidated Schools Board Meeting.*

**Last revised December 18, 2018*